



Jin Shin Jyutsu

Tuning us in - singing & Jin Shin Jyutsu-practicing during Advent

13.12.2025 - 14.12.2025

Salzburg

Eva & Uschi will work with us on gentle songs from different cultures in a playful, polyphonic way. - Songs that lull us, strengthen our community and our resources. In between, Susa will accompany us in the silent practice of "finger mudras". In Jin Shin Jyutsu they are a very powerful self-help to recharge our "exhausted batteries".

EVA HAIDL is a singing teacher, musician & voice and movement therapist in her own practice in Salzburg and at the European monastery "Gut Aich", as well as a Jin Shin Jyutsu practitioner.

USCHI HÖLBLING is an occupational therapist, Jin Shin Jyutsu practitioner, self-help teacher and sound code therapist & works in her own practice in Rum/Tyrol. She is a singer with the dialect group "Findling" and the group "Einklang".

SUSA HAGEN is a Jin Shin Jyutsu practitioner, teaches self-help courses / study groups and is an authorized teacher of Jin Shin Jyutsu "Spirit-Mind-Body". Susa lives in Salzburg and has been practicing Jin Shin Jyutsu for over 30 years.

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Course location	Susa Hagen Georg-Nikolaus-von-Nissenstraße 7 5020 Salzburg
Course times	Samstag, 13. Dezember 2025 - Sonntag, 14. Dezember 2025 Samstag, 13.12.2025: 10 - 13 Uhr & 15 - 18 Uhr (Kaffee-/Teepause, mittags Gemüsesuppe) Sonntag, 14.12.2025: 9.30 - 14 Uhr (Kaffee-/Teepause) Wer mag und kann: Bitte Kekse & Kuchen mitbringen. Bitte bequeme Kleidung, Socken und eine Wasserflasche mitbringen.
Requirement	No previous knowledge is required for this course.
Course leader	Susa Hagen, Eva Haidl & Uschi Hölbling
Course fee	€ 120
Registration	Online registration available Registration via the form or by email to: uschi.hoelbling@jsj.at Registration becomes valid upon payment of the course fee; in case of cancellation up to one week before the start of the course, we retain 50% of the fee; if a replacement participant is named, the fee is waived. Please transfer the course fee of €120 to the account of Eva Haidl, Erste Bank IBAN: AT53 2011 1292 3484 5700